THE TIMES DAILY MAGAZINE PAGE

Himself As Definite Factor

Sense Information Methods Fail to Fit Him For Life. Kindergarten Must Return to the Ideas of Froebel.

> Vocation Series, No. 7. By ANNA BAGENHOLM SLOANE.

(Copyright, 1915, by Mirs Anna B. Sloane.)

W vocational training is found a com- helped plete reversal of present systems of wasted.

education. From the failure of sense information to fit a child for life work, a lesson for the future must be learned. The kindergarten must be- duty of our educators to see that no come a real "garden" as Froebel intended, and the work of the educator must be, not to supply the child with ideas, but tohelp him give expression to his own ideas.

Has any one ever known of a talka-

Has any one ever known of a talkative person who was worth listening to?

tools limp after an oration. A singer can rander only a few numbers of songs an evening. And we all become fagent by listening to our talkative

Sea Fever

I must go down to the seas again, to the lonely sea and the sky.

And all I ask is a tall ship and a star to steer her by: and the wheel's kick and the wind's song and the white sail's shak-

And a gray mist on the sea's face, and a gray dawn breaking.

I must go down to the seas again, for the call of the running tide a wild call and a clear call that

And all I ask is a windy day with the white clouds flying. And the flung spray and the blown spume, and the seaguilis crying.

I must go down to the seas again, to the vagrant gypsy life, To the gull's way and the whale's

way, where the wind's like a whetted knife; And all I ask is a merry yarn from

a laughing fellow-rover And quiet sleep and a sweet dream when the long trick is over.

GES ago in Greece and Rome

they realised that beauty

was only attained through

physical perfection, and that

the latter depended entirely upon the

proper exercise and cleanliness.

Therefore, the youth of these coun-

tries were trained in gymnastics and

It is impossible to be a graceful

dancer unless one has perfect muscu-

lar control of the body, and for this

reason it is necessary that the body

be methodically trained if one desires to acquire the fashionable ac-

All the world's a-dancing, and one

by one the old and the young are learning to interpret classic and

The Rhythmic Walk. There is nothing to compare with the former to produce health, beauty.

grace, poise, and rhythm of

the body. I advise every one wheth-

er you are a grandmother with sil-

vered locks, or a girl just budding

into young womanhood to learn clas-

If you are a mother you should

have your child taught interpreta-

tive dancing almost from the moment

it walks: that is, if it is to become

Children are wonderfully respon-

sive and possess unlimited possibili-

ties, and you will find no difficulty

in teaching them gymnastics and

A well-known exponent of this art

first teaches her pupils to walk

rhythmically. Simple rhythms are played and the march or walk step is timed to the music. When this in-tial step is mastered the pupils are

taught to walk and run to more complex rhythms, and finally they learn to jump and pose naturally to express the beauties of nature and

Bathing and Relaxation.

to permit, dancing and exercising should be done out of doors, with the legs and feet unhampered by shoes or stockings. Sing simple little melodies while going through the

When the weather is warm enough

complishment of the moment.

dancing from babyhood.

modern dancing.

sic dancing.

healthy and beautiful.

Value of Rhythmic Dance

Grandmothers, Mothers and Children

Will Find It An Aid to Health.

By LUCREZIA BORI.

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Intellect and Intelligence. The loss is the talker's, whether he is ignorant of the fact or not. It is the

Perhaps the difference between intel-lect and intelligence should be explained I have not and have not heard of anyone else who has. Invariably the restless tongue and shallow mind go together.

The baby sleeps long and soundly after a crying spell. A strong man intellect and the finer mind fluid which is the life of the intellect, that they call intelligence. The talkative child becomes alert, quick to notice things audible, or visible, and to comment thereon. But there is a great deal of difference between alertness and mental powers. The men and women who are in possession of unusual mental powers. mends. But the mental energy expended in listening is small compared to that wasted by the talker if his words were not worth it.

Among all the other sensible things Jesus of Nazareth said, His words referring to the accountability for vain speech, for which every one will be held, were not the least important. Only now are we beginning to understand that no one can be a tongue-wagger and a great soul at the same time, and that the mental force expended on idle talking, which otherwise would have talking, which otherwise would have them with ideas from without we should help them to express their own ideas. We should let our children alone until we can understand what they want to try to do and then facilitate their efforts as much as possible without taking the work of self-expression away from them

forts as much as possible without taking the work of self-expression away from them.

Let us insist that our kindergartens be real gardens, as Froebel intended, with simple tools and materials lying handy. Let each child help himself to the tools and things he wants. If asked what he intends to do, he will tell it without hesitancy. The idea is in his mind though his ability to carry it out may be entirely lacking. The work of the educator should not be to supply the child with ideas, but to help him give expression to his own ideas. Now teachers and textbooks supply our children too abundantly with ideas, but do not even give them chances to express either their own, or the acquired ideas—let alone helping them. It is not how much one has heard of, or seen, that makes one great. It is what one can do.

'To do. to dare, to keep silent." These words were cut into the very stones over the doorways of ancient places of education. Why should they not be education. Why should they not be blazing in fiery letters before the eyes of our educators and our children? Why of our educators and out the helped to ex-should our children not be helped to ex-thelinations? When press their doing inclinations? When children are engrossed in doing they are usually silent. And daring is twin -John Masefield. brother of power and ability.

than the cold shower, and is far more

cleansing. Do not remain in the

water longer than ten or fifteen min-

utes, and go over the body thorough

ly with a soapy cloth. Rinse the skin with tepid water and stimulate

circulation by a vigorous rubbing with a Turkish towel.

There is nothing more refreshing than an alcohol rub, as it will also contract the pores and make the flesh firm, so to further enlance the value of the bath give the body a final rub with alcohol.

After the rest period, if a grown-

After the rest period, if a grown-

daily tasks; while the child will be ready to play for hours. Always remember that exercise

means health, energy, and grace, and that health means beauty.

you will be ready to resum

Vocational Training Gives Mission of Superwoman That Of Triumph Over Phthisis Child Chance To Express Sacrifice, Says Feminist Apostle By Vaccine Is One Fair



JULES BOIS.

his argument. A few words in Eng-lish, a few in French, and without any hesitation the conversation was taken up exactly where it had been left of

taken up exactly where it had been left off.

"That passion for personal advancement is the very thing which has laid low the civilization of man. Since women are born for sacrifice, and that is not a theory, but a physiological fact, they will perhaps never be caught in that lure. They will alway's bear in mind that sacrifice is their raison dietre. Without

fice is their raison d'etre. Without that spirit of sacrifice, the purpose of their entrance into public affairs

"The women of America must not

become intoxicated with power. They

will perhaps for a time be tempted

for they are not yet superwomen

in the mass, the civilization of man

has kept them from being so, but

perhaps they can learn the great lesson of the masculine-feminine force without running first to an ex-

Now, in the past, the same spirit of

sacrifice has ruled the lives of the women, but it was a sacrifice without

intelligence. Women allowed themselves to be crucified needlessly, and without end, simply because there was no system, no intelligently directed purpose back of their effort.

"They submitted themselves to a man imposed set of conventions which throttled and successfully cut

off every natural impulse for better-

ing the moral conditions of the

serve in the most blind and obscura

"This was the sacrifice without intelligence. They did not know nor realize that the influence which

they were falling to wield was the

"But today it is different. They have stood saide and learned through the bitter school of experi-

and the intrusting of all to the hands of man has come to a sorry end, in-deed. They known that, again speaking physiologically, they can-

not attain to great heights, but they do know that they can serve.

That is what they will do now.

superior to the average man, the

to the super man. She will never

aided with the rule of woman-love."
Holding up his hand and looking

directly into my eyes, M. Bois con-

English. "One the god which man follows, the god of intelligence. He

will ever move forward toward that

No physical demands. He can go as

far as he likes. But he must be di-rected, he must be aided. This will

be the duty of the woman, who worships the god of love. She can-

not follow the god of intelligence as

stop by the way, she has a double duty to perform. She must be in-

telligent in order to restrain and teach her love, and at the same time

stop by the way to preserve the race. She is sacrificed. But this

"There are two gods," he said in

He has nothing to stop him

be his equal. The super man will rule with intelligence, will be

ence that their submission of po

Spirit of Sacrifice.

Woman Must Remember Not to Become Intoxicated With Power, But Aid and Direct the Superman.

By FLORENCE E. YODER.

"The civilization of man has proven a failure. For-after all the years it is ending in mere suicide. The fact that civilization must have a great moral basis-the influence of women-is assured.'

Jules Bois, novelist, dramatist, philosopher, and true gentleman of France, spoke hesitatingly in English, and then showered the interpreter with a wealth of explanation in French. He watched for the ex-pression of comprehension on my pression of comprehension on my face, breathed a sigh of relief when I nodded, and the interview sched-uled for twenty minutes, began to

uled for twenty minutes, began to fly by.

"Then feminism is not any fleeting or passing fad, not a flash in the pan," I supplemented, and after the interepreter had translated my Eng-lish idiom into French, Jules Bois began to speak rapidly.

"That is it. The segregation of man as a ruler has proven a failure, and it is both good and necessary that woman enter the field for the purpose of infusing the great moral

purpose of infusing the great moral force which she, as the one born for great sacrifice, can wield. A durable civilization cannot exist without the rely upon mind or brawn, for its

A great eagerness to be understood shone in the face of the author, and he would again and again relapse into halting English in the hope that his message could be more

deeply impressed.

"I have a message for American women," he said, "and I would that they could all see it as I do. That message is that she remember why she is entering public life, that she is aiding not because of any thought of pride or aggrandizement on her part but hecuse she see that the part, but because she sees that it is necessary for her to step into the breach. She is playing her old role, the role for which she was born, of sacrifice. On the remembrance of sacrifice. On the remembrance of that lies the hope of her and of the men she is to aid in preparing a true

Behold the Superwoman!

"The greatest future for women lies in America. Here, and here alone, will the true civilization have its beginnings, for it is here that it will be possible for the superwoman to come into being. In this country, therefore, it should be impressed upon women that they are to play a huge part in the affairs not only of their own country, but of the world. They should abstala from vice, from They should abstain from vice, from pride, and from any attents to make the release late which they step a means of personal advancement.

"Does she unders and?" M. Bois asked anxiously of the interpreter as he began to expound his theories, and swung into the full flower of Honor, Author and Playwright, Brings Message to American Womanhood

time in an intelligent and noble

Feminist Apostle.

The purpose of this eminent French visitor to our shores is to describe this new France in American cities between here and California, whither he is bound as a representative of the French government at the Panama-Pacific Exposition. He comes on a twofold official mission besides, having been commissioned to study the methods in vogue at our colleges and schools for teaching the French language, and to gather material for a report to the French ministry of agriculture on the prospects of crops in the United States, and on our cattle and horses, for the ministry's

guidance in case it should wish to make purchases of American foodstuffs and live stock for French soldiers and civilians.

M. Bois is known in France and elsewhere for his writings. He is the foremost representative in France of the new feministic doctrines. His novel, "L'Eve Nouvelle," which deals with them, made quite a stir when it appeared. Other writers who have enlisted in the ranks of the feminists have acknowledged it as a source of inspiration, among them celebrities like Marcei Prevost and Paul and Victor Margueritte.

Of M. Bois' plays, "Hippolite Couronne" was performed with success at the famous Odeon Theater, at

M. Bois has also attracted attention as a writer on the Orient, where he has traveled extensively. He comes to this country armed with the best of credentials, bearing the signature of Theophile Delcasse, min-

The appealing look in the eyes vanished, and a smile spread over the black-bearded face. A swift handshake a glance at a watch, and the interview was over. The mes-sage to the American women had been delivered.

ronne was performed with success at the famous Odeon Theater, at Paris, and "La Furie," a tragedy, was recently put on the Comedie Francaise, the goal of every French dramatist's ambition.

ister of foreign affairs of France, and of other men of world-wide fame, and in his buttonhole is the coveted insignia of the Legion of

serted into the flesh they ward off the correspondin distemper. Tuberculin alone is not yet on a solid foundation of proved prevention or cure.

At the current swing of the pendulum, some typhoid fever prevails in the armies in Europe, because of the aggressive tactics of anti-vaccination leaflets in the trenches. Anti-vaccinationists are lovable people, whose memories and thoughts are so built that the proofs, truth and facts which should confuse and flabbergast them roll from them as water from a swan's down. Jules Bois, of the Legion of

Answers to Health Questions

A. 1. The tincture of chloride of iron and the cream or paste of carbonate of iron may be had at any drug store. The formula for the cream of carbonate of iron is: To one dram of carbonate of iron there should be added I ounce of vaseline. They may be used without a doctor s prescription. Tincture of chloride of iron is taken in 20-drop doses in a wineslassial of water through a in a wineglassful of water through a tube after meals. The cream is applied each night to the scalp. The average length of time taken to accomplish the desired results is about one month. desired results is about one month. In some cases it may be longer, in others shorter. Iron will make the teeth dark if it comes in contact with them. It may be taken in the capsules, but it is best taken through a tube in water. 2. No, it would not be satisfactory on such animals, because it would only last a few days, when the color would have to be renewed. This is too expensive to here, surfaces such as on ani-

> W. T. V.-Q. Will you please tell me what to do for gray hair to restore the natural colory

on large surfaces such as on ani-

A.—Take 10 to 20 deeps of tincture of chloride of iron in a wine glass of water through a tube after meals. Apply a paste or cream of carbonate of Iron, I dram; vaseline, I ounce, to the scalp Monday, Wedwesday, and Friday night. Tuesday, Thursday, and Satur-

R. M. B .- Q. 1 I get cramps in my

day nights apply sulphur cintment. Sun-day night apply noth. This treatment should be continued for a month or until the gray hairs have disappeared.

Covering the Kitchen Table

Wooden Top Grows Obsolete and Metal Tops Are Coming Into Favor.

> By MRS. CHRISTINE FREDERICK (Copyright, 1915, by Mrs. Christine Frederick)

> > Copper

What shall our kitchen table be?

As George Ade says in one of his fables, "it all depends." First we must know what we want to do on that table because today we are separating our processes and not using one single surposesses and not using one single surposesses and all kinds of kitchen.

Continue Frederick:

Ordinary wooden top can be covered dividual cases. Where the subject is not of general interest letters will be answered personally, if a stamped and addressed envelope is enclosed. Adress all inquiries to Dr. L. K. Hirshberg, care this office. By ANNIE LAURIE

If it is to be the covering of a preparing table on which is made bread, pastry, or where the preparing of meats and other cooking takes place, we have a choice of such sanitary sur-faces as vitrified glass, porcelain enam-

e'ed steel, tile, or wood.

If it is to be the covering of a table used largely for the receiving of hot nots, pans, and utensils as they are taken from the stove, the ton should preferably be zinc, polished steel, monel metal, or German silver, Such metal tops are heatproof and marproof, and present ideal surfaces for hard, heatresisting usage. In any case, the wooden table is

growing obsolete. Wood absorbs waer, dirt, grease, and requires constant scouring to keep it in good condition. No matter how well made, cracks will absorb food particles and grease so that the wood table must be banished from the modern standpoint of sanitation. A covering of olicioth is too sloppy and reprehensible a method to even be included in the discussion. The kitchen of the future is going to be an all-metal, non-absorbent, non-porous kitchen.

As a step toward this ideal the kitch-en table must gradually get into the metal or non-porous class. The white vitrified glass is as attractive as it is sanitary and makes an ideal table for food preparation. If small wooden boards are used for meat and vegetable cutting or if a marble section is laid at one end of the table for the reception of hot pots, this table could be the only one needed in the room. If, how-ever, workers are carcless and there is much cooking the steel or metal table is preferable, supplemented with a small For doing; in calmness to rest is preferable, supplemented with a slab.
Untroubled content. Were that best? marble or enamel pastry table or slab. Even to the very poorest kitchen the

Zine (22-guage metal)..... Galvanized iron..... Polished steel
Monel metal
Vitrified glass Porcelain enameled steel German silver

A College Fable.

"Is it true," demanded the woman's dean sternly, "that you were found smoking cigarettes?" "Yes," said the girl.

"What explanation have you for your unladylike conduct?" "I didn't know it would be found out," said the girl.

The dean's brow relaxed self! You are excused."-Judge.

Remember It is wise to get rid quickly of

alments of the organs of digestion-of headache, languor, depression of spirits-the troubles for which the best corrective is

The Largest Sale of Any Medicine in the World.

G. K. B.—Q. I. Can the drugs you have mentioned in your prescription for turning gray hair dark be secured at any drug store and taken without a doctor's prescription? For how many days should the medicine be taken in order to accomplish the results desired? Is there any danger from letting the tincture of chloride of iron touch the teeth? Can it be taken, say, in a gelatine capsule or the capsules sometimes used for taking castor oil? 2. Would these same drugs be effective on a white horse, cow, dog or chicken? That is, turn the hair to a darker color, and if so, would the change be permanent or only last until the change of the season?

A. 1. The tincture of chloride of iron and the cream or paste of carbonate of iron may be had at any drug store. The formula for the cream of carbonate of iron is: To one dram of

vigorous propaganda against it.

of a true diagnosis.

Prospects of Success.

Vaccines composed of tubercle bacilli

have been and are still used experiment-

illy upon all degrees of animal tuberculosis. In conjunction with other chemical and physical measures tubercle vaccines are aids, in the determination

That there is some prospect of a tri-

umph over tuberculosis by the injec-

ion of a tuberculin is attested by the

established knowledge of localized tuber-culosis. When an individual has facial or skin tuberculosis—known as lupus vulgaris—it is uncommon to find tuber-culosis present in the lungs or other tis-

sues. White swelling of the knee, Pott's dis-ease, hip disease, humpback and vari-ous other limited kinds of tuberculosis indicate that the victim has manufac-tured enough extra anti-toxin—anti-

Pledge of Science to Man

By DR. L. K. HIRSHBERG. (Copyright 1915, by the Newspaper Feature S ervice, Inc.)

ELL it not in Gath, publish it not in the streets of Ascalon, that a vaccine, an anti-toxin, an anti-serum and an antigen are the same. Although this has been discussed from Alcibiades to Dogberry, there seems little likelihood that writers will ever remember the great difference between them.

Upon the ill-timed uses of tuberculin adversity often follows, yet tuberculin is a fair pledge of science from a fruitise.

One person whose arm becomes sore from among 10,000 vaccinations stands out like Popocatapeti beside the ignored and shut-out truth that not ten vaccinated soldiers among haif a million succumb to typhoid, smallpox, plague or the other maladies whose vaccines have been used.

When tuberculin is perfected to the point of its usefulness as a measure to provent and to cure tuberculosis—it has been tried in one shape or another for over r. score of years—there will be a horde of these "shut-ins" with an equally vigorous propaganda against it.

ful tree of research. That some of the

individual plums and peaches are rot-

ten is not proof that the tree will not bear rich fruit.

bear rich fruit.

Tuberculin is a vaccine. A vaccine is the potent portion of the microbes concerned in the origin of a malady. Killed and pulverized tubercle baccili make in one way or another the various tuberculin vaccines; cowpox germs are used for smallpox vaccination; dead typhoid bacilli become anti-typhoid vaccine; the dried, emulsified and sodalimpregnated spinal cords of rabbits dead of rables or hydrophobia germs is the

of rables or hydrophobia germs is the Pasteur vaccine to prevent that fatal

Other Successful Vaccines.

When the victim of the latter is in-

oculated after a dog bite it prevents the

dread disease. When the others are in-

serted into the flesh they ward off the

A Reader Q. Will you please tell me A. Bat greasy and fatty food

A. But greasy and fatty foods, sweets, pastries, candles, spices, ham, pork, butter, and gravies. Drink plenty of olive oil, milk, cream, and water. Exercise slightly, and eat two extra meals a day. Retire early and get more rest, sunlight, and fresh air.

M. E. B. and B.-Q. What will aid poor digestion?

A. Eat spinach, cereals, figs, baked apples, stewed pears, prunes, carrots, clear soups, mush, and corn bread, art drink two glasses of distilled water half an hour before meals. Take seven grains of oxide of magnesia before meals and six charcoal tablets after. Get plenty of exercise in the open air. Sleep in a well ventilated room.

S. G. B.-Q. Will you kindly repeat your prescription for pimples on

A. Avoid all greasy and hot foods, sweets, pastries, candles, and sour things. Do not use soan or hot water on your face, but wash with cold water and cleanse with a good peroxide cream. Apply at night sulphur 12 ounce; spirits of camphor, 15 drops; resorcin, 10 grains; acacia, 1 ounce; lime water, 2 ounces; rose water, 1 ounce. Take one teaspoonful of sulphurous acid in a glass of water immediately after meals. Rinse the mouth well with lime water Rinse the mouth well with lime water or milk of magnesia.

A Times Reader—Q. Please let me know through The Times if —— is harmless to reduce flesh? A. I do not discuss advertised remedies in this department.

Dr. Hirshberg will answer questions for readers of The Times on medical, hygienic and sanitation subjects that are of general interest. He will not under-take to prescribe or offer advice for in-dividual cases. Where the subject is not of general interest letters will be an-

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tle melodies while going through the movements or dancing steps, for it is much easier to accomplish results if rhythm is followed.

After exercising, whether you are young or old, it is necessary to relax he muscles and rest for at least a half hour. Before tying down the from the impurities porce by nere lest on.

ADVICE TO **GIRLS**

Dear Annie Laurie: I am sixteen years old, and for a while I went with a young man and then we quarreled because he got too familiar. After that, however, he told some girls I knew that he respected me highly and liked me very much. Now I like him very much and would like to be friends with him again. Of course, I cannot write to him, as it would not be proper, and I have nothing to apologize for. My home is not nice enough to have a party or anything of that sort. What can I BLUE EYES.

BLUE EYES.

ELL, fittle Blue Eyes, I
think that the for you to do is to wait and if the young man likes and respects you as he says he does he will find some way to get back your old friendship. You were perfectly right in not allowing him to become too familiar, and that is what makes him respect you. Also it is what will bring him back to

Dear Annie Laurie: We are two girls, eighteen years of age, and have been keeping company with two boys of our own age for a considerable time, but for the last three weeks have not seen or heard from them. We do not know what reason they have for acting like this, because they used to either phone or write. Now please advise us what to do.

TWO LONESOME GIRLS. My dear Lonesome Girls: Eighteen shouldn't worry so much. If I were you two L wouldn't make any effort at will to med out why

they have not telephoned or written you as usual. And when they come back, as back they will come, don't show too much gladness or express too much surprise at their long absence. Men like to do the wooing and worrying themselves.

Mabel-What a foolish girl you have been, Mabel. What ever pos-sessed you to write those unkind letters to your friend, since they didn't show your real feelings at all. I don't blame the man in the least for wanting to give you up

He seems to be forgiving enough to be willing to overlook your silli-ness, and you should write to him at once asking his pardon for the way you have treated him. Forget your pride for a time. If you find that his feelings have really changed, as you will by his reply to your letter, let it be a lesson to you. His card in answer to the one you sent at Easter seems to show that

brings.

To use all the mind and the soul,

The true understanding, the whole Of the God-given, clear-seeing brain (Or were it not given in vain?)

To help in the world; to bring sight Perhaps to the blind; to fling Right

In the face of the wiffully weak;
The Messas, light craving, to speak,
To stiffe self-love for the zest
Of the struggle for good. Were that

To be great!

he has not changed. However, if you're sure he is the man you love don't hesitate to answer it at once. E. L. M .- You are a very fortunate

woman to have such a husband. How many women in this city can have mone, every time they ask for and never have criticism from heir husbands? You surely mast selfish if you never go out evenings with him when he asks you. Even though you don't like dancing learn to like it, and see how pleased your husband will be. The sooner you stop considering your own teci-ings first in everything the happier you will be. Remember that he is doing everything in his power to make you happy, and it is your part to show that you appreciate his

nguiry on subjects of feminine interest from young women readers of this paper, and will reply to them in these columns. They should be addressed to her care, this office.

Conflict

To live in the pulse of the midst of things; To grapple with fate. To be loved! Wel tre in the hearts of a very few The spirit that roved And feel the full life that the fighting To bind with soft cordons of love. And

> To feel loving arms that restrain. aress the dear bonds that enchain; To hold to the heart a wee form (Your cheek, little Love, is so warm), To give to a few all the heart

to woo Heart's ease. To let longing slide by,

By MIRIAM TEICHNER.